

Fig. 1

09673500.060401

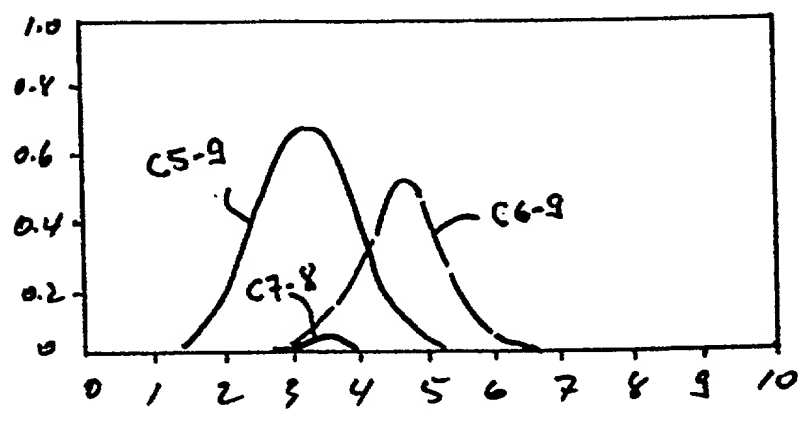
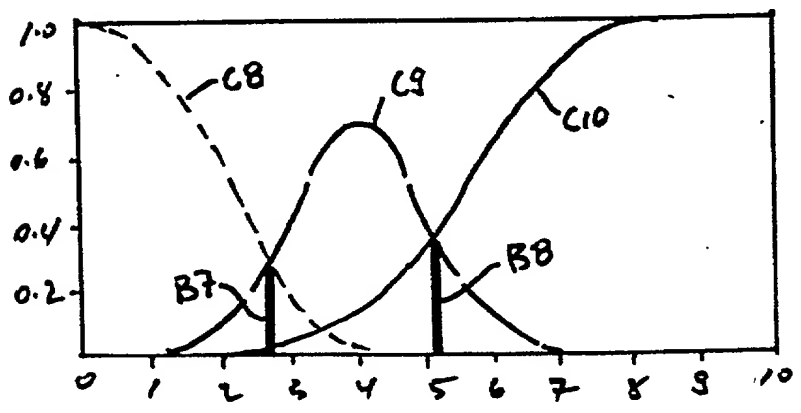
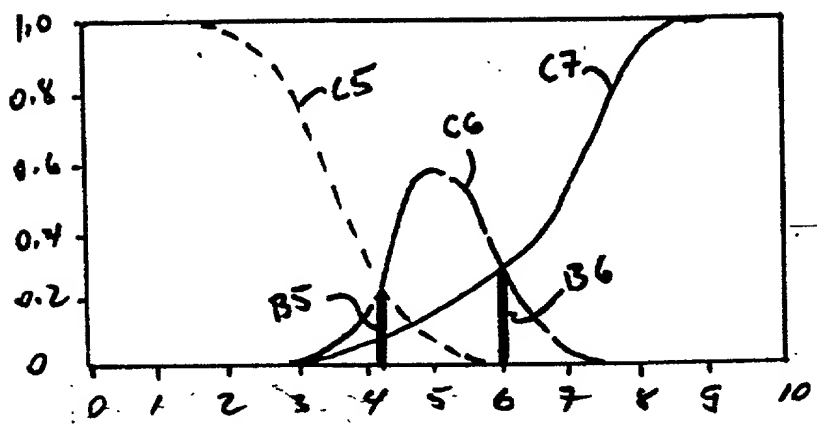


Fig. 2

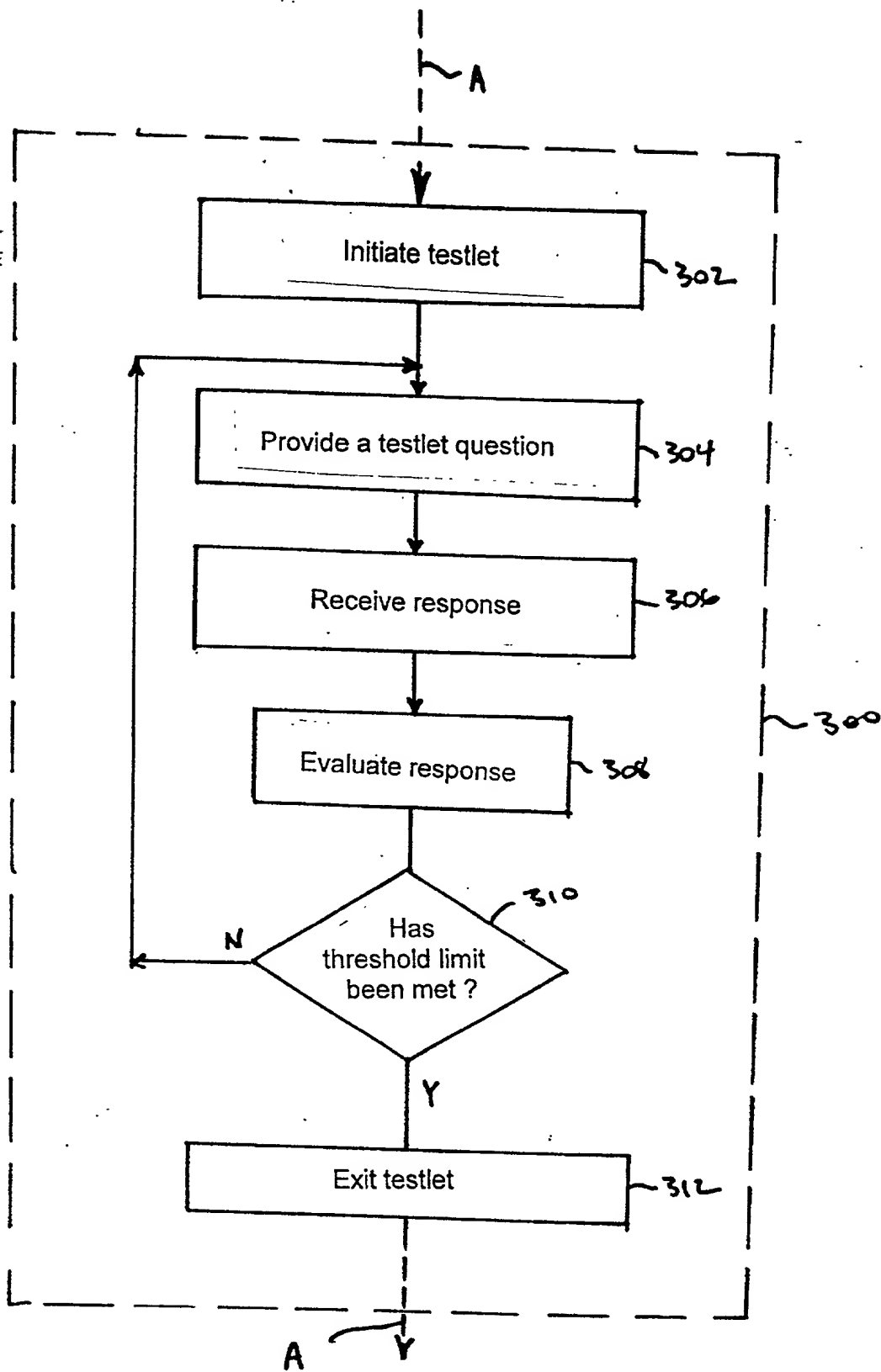


Fig. 3

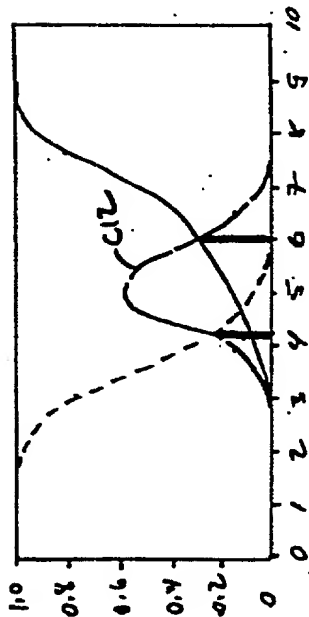


Fig. 4A-1

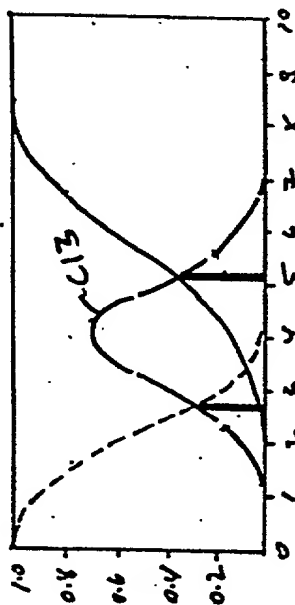


Fig. 4A-2

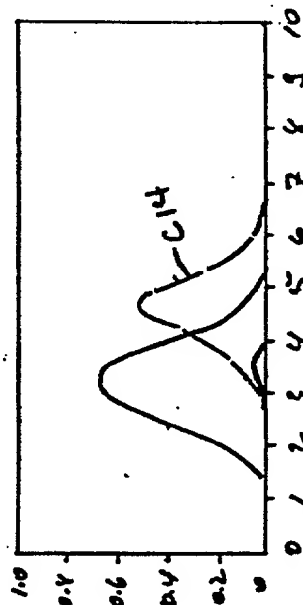


Fig. 4A-3

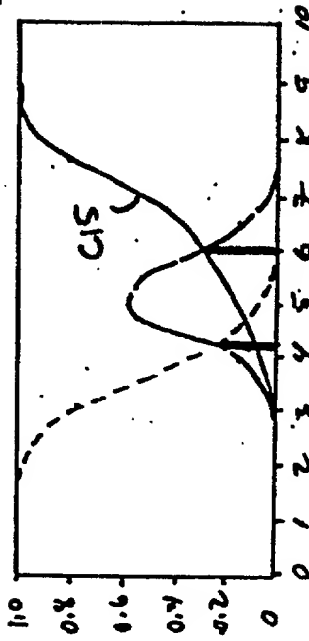


Fig. 4B-1

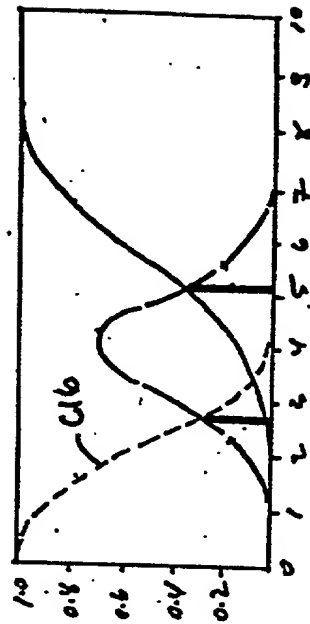


Fig. 4B-2

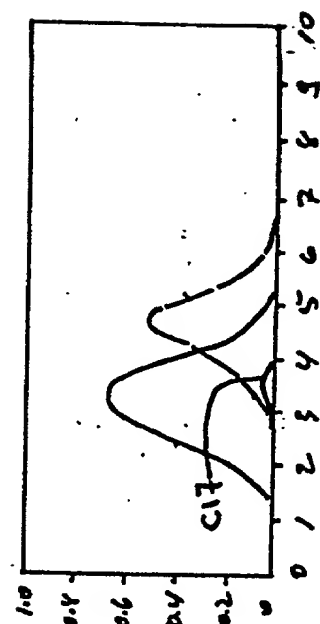


Fig. 4B-3

Fig. 4

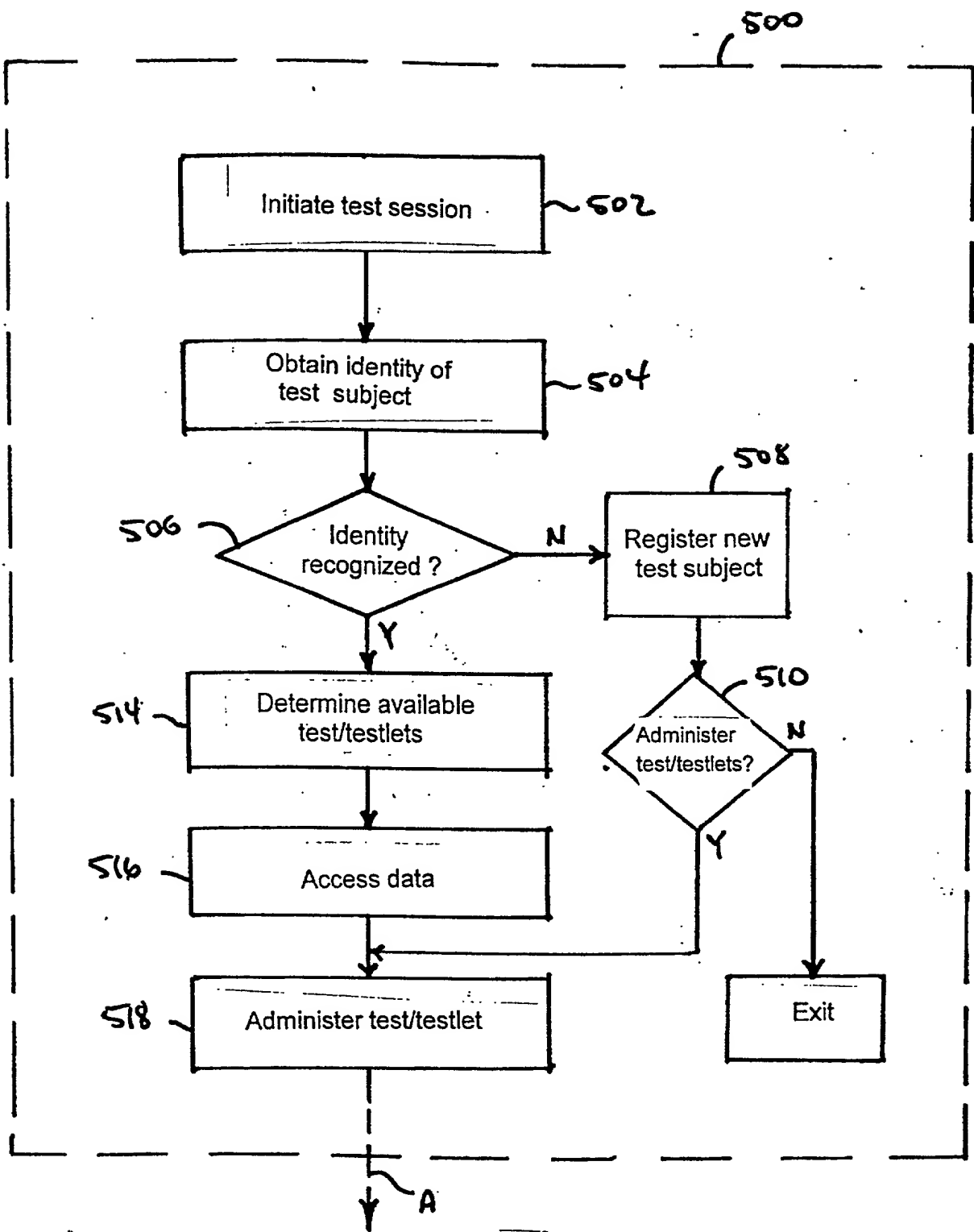


Fig. 5

09673500.060401

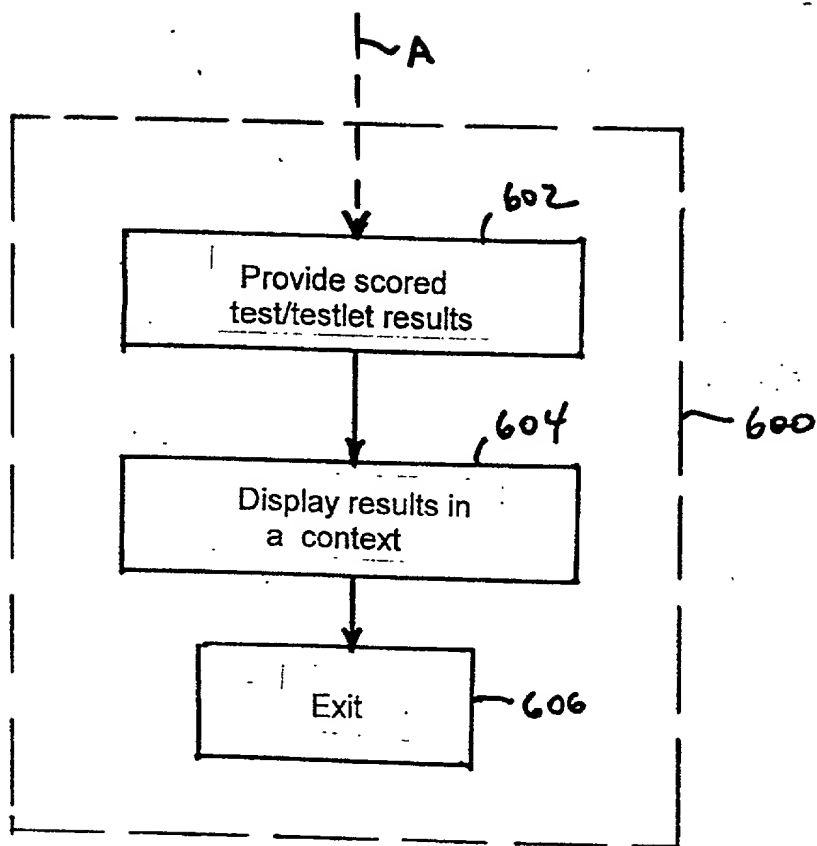


Fig. 6

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Dynamic Health Survey™

This survey asks you questions about how your physical and emotional health affect things you do every day. You are the expert on these aspects of your overall health. Please answer the questions by clicking the answer that best describes how you have been doing during the PAST 4 WEEKS. If you are not sure about a question, please, give the best answer you can.




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Fig. 7-1

https://www.amIhealthy.com/DynHA/stepone.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

1. Overall, how would you rate your health during the past 4 weeks?

☒ Excellent



☐ Very good

☐ Good

☐ Fair

☐ Poor

☐ Very poor

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Fig. 7-2

104090" 00552860



https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

2. The following questions are about activities you might do during a typical day. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)?



☒ Not at all

☐ Very little

☐ Somewhat

☐ Quite a lot

☐ Could not do physical activities


 

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Fig. 7-3

https://www.amIhealthy.com/DynHIA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

3. During the PAST 4 WEEKS, how much difficulty did you have doing your daily work, both inside and outside the house, because of your physical health



☒ None at all

☐ A little bit

☐ Some

☐ Quite a lot

☐ Could not do daily work


 

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Fig. 7-4

https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

4. How much **BODILY PAIN** have you had during the **PAST 4 WEEKS?**

☒ None



☐ Very mild

☐ Mild

☐ Moderate

☐ Severe

☐ Very severe


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Fig. 7-5

104090"005E/360

https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

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5. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

During the PAST 4 WEEKS, how much energy did you have?



☒ Very much

☐ Quite a bit

☐ Some

☐ A little

☐ None


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Control Panel | My Computer | My Recent Places | Favorites | Internet Options | Help

Fig. 7-6

https://www.amIhealthy.com/DynIA/NextStep.asp - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

6. The next questions ask about your social activities.

During the PAST 4 WEEKS, how much did your physical health or emotional problems limit your usual social activities with family or friends?



☒ Not at all

☐ Very little

☐ Somewhat

☐ Quite a lot

☐ Could not do social activities


Next

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Fig. 7-7

https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

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7. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much have you been bothered by emotional problems (such as feeling anxious, depressed or irritable)?



☒ Not at all

☐ Slightly

☐ Moderately

☐ Quite a lot

☐ Extremely


Next

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Fig. 7-8

https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

8. During the PAST 4 WEEKS, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?



☒ Not at all

☐ Very little

☐ Somewhat

☐ Quite a lot

☐ Could not do daily activities

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Fig. 7-9

00522860 00073500 000401

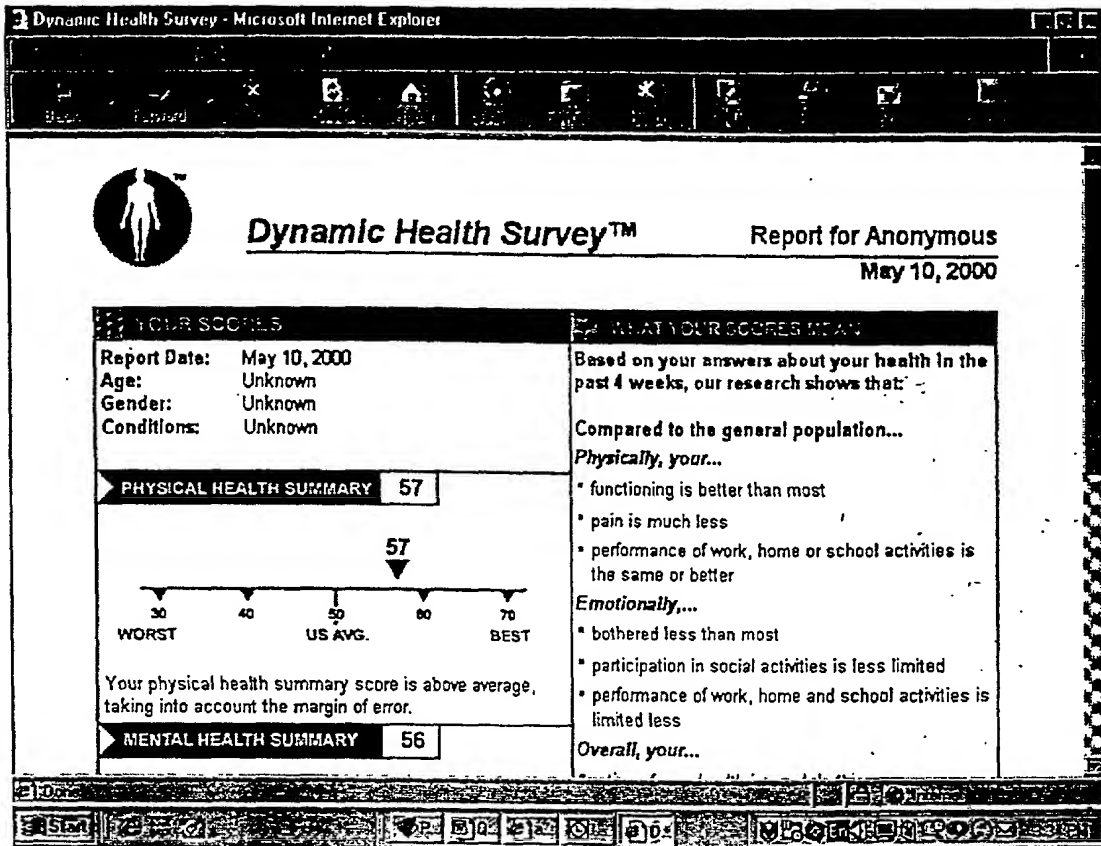


Fig. 7-10

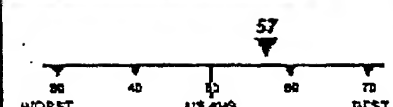
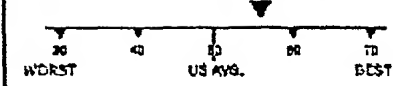






## Dynamic Health Survey™

Report for Anonymous

1 YOUR SCORES		2 WHAT YOUR SCORES MEAN	
<b>Report Date:</b> May 10, 2000 <b>Age:</b> Unknown <b>Gender:</b> Unknown <b>Conditions:</b> Unknown		Based on your answers about your health in the past 4 weeks, our research shows that:	
<b>PHYSICAL HEALTH SUMMARY</b> 57		Compared to the general population...	
		<b>Physically, you...</b>	
• physical health is very good (almost on top, taking into account the margin of error)		• function is better than most	
<b>MENTAL HEALTH SUMMARY</b> 66		• pain is much less	
		• performance of work, sports or social activities is like the average	
• mental health is very good (almost on top, taking into account the margin of error)		<b>Emotionally,...</b>	
		• behave less than most	
		• participation in social activities is less limited	
		• performance of work, sports or social activities is limited less	
		<b>Overall, you...</b>	
		• living is much better	
		• is significantly higher	
<b>3 YOUR PROGRESS</b>		<b>4 WHAT YOU SHOULD DO</b>	
Date	Physical Health Summary	Mental Health Summary	
Current: not fill			
• We encourage you to become a regular user of this report and increase your response in future surveys.		• In three months, take this survey again to continue monitoring your progress.	
		• By sharing this information with your health care provider, you can work together to make sure that your physical condition is as good as it can be.	
<small>© 2000 Dynamic Health Survey. All rights reserved. This report is for informational purposes only. It is not intended to be used as a substitute for professional medical advice. If you have any concerns about your health, please consult your doctor for a professional medical consultation.</small>			

powered by

Fig. 7-10

104090" 005E/850

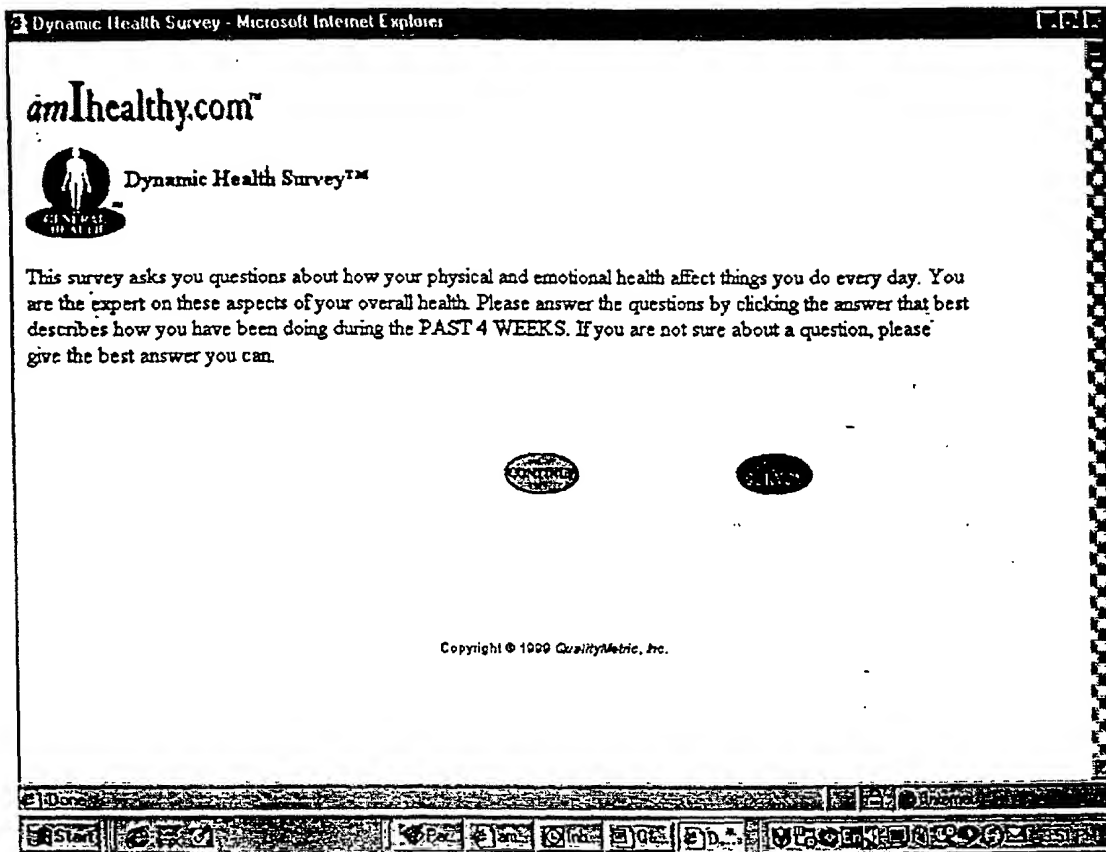



Fig. 8-1

0967500-060401  
T01090" 005E2860

https://www.amIhealthy.com/DynIIA/stepone.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

1. Overall, how would you rate your health during the past 4 weeks?

☐ Excellent



☐ Very good

☐ Good

☐ Fair

☐ Poor

☒ Very poor


 

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Fig. 8-2

https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

2. How TRUE or FALSE is the following statement for you? I am in poor health.



☒ Definitely true

☐ Mostly true

☐ Don't know

☐ Mostly false

☐ Definitely false


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Fig. 8-3

09571500-060401

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

3. In general, would you say your health is:



☐ Excellent

☐ Very good

☐ Good

☐ Fair

☒ Poor

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Fig. 8-4



4. How TRUE or FALSE is the following statement for you? I have been feeling sickly for a long time.

- 




Fig. 8-5

Fig. 8-5

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

5. The following questions are about activities you might do during a typical day. During the past 4 weeks, how much did physical health problems limit your usual physical activities (such as walking or climbing stairs)?



☐ Not at all

☐ Very little

☐ Somewhat

☒ Quite a lot

☐ Could not do physical activities


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Fig. 8-6



https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

6. Does your health now limit you in walking one hundred yards? If so how much?

☒ Yes, limited a lot

☐ Yes, limited a little

☐ No, not limited at all


 

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Fig. 8-7.

https://www.amIhealthy.com/DynHA/NextStep.asp8 - Microsoft Internet Explorer

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 Dynamic Health Survey™

6. Does your health now limit you in walking one hundred yards? If so how much?

☒ Yes, limited a lot

☐ Yes, limited a little

☐ No, not limited at all


 

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Fig. 8-8

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

7. During the PAST 4 WEEKS, how much difficulty did you have doing your daily work, both inside and outside the house, because of your physical health



☐ None at all

☐ A little bit

☐ Some

☒ Quite a lot

could not do daily work


 

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Fig. 8-9

https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

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8. During the PAST 4 WEEKS, how much of the time were you limited in the KIND of work or other activities you did AS A RESULT OF YOUR PHYSICAL HEALTH?



☐ All of the time

☒ Most of the time

☐ Some of the time

☐ A little of the time

☐ None of the time

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Fig. 8-10

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9. During the PAST 4 WEEKS, how much of the time have you had DIFFICULTY performing work or other activities AS A RESULT OF YOUR PHYSICAL HEALTH (for example, it took extra effort)?

- ☒ All of the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time




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Fig. 8-11

https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

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10. How much BODILY PAIN have you had during the PAST 4 WEEKS?

☐ None



☐ Very mild

☐ Mild

☐ Moderate

☒ Severe

☐ Very severe


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L: 1

Fig. 8-12

https://www.amIhealthy.com/DynHIA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

11. During the PAST 4 WEEKS, how much did pain interfere with your normal work (including both work outside the home and housework)?


☐ Not at all

☐ A little bit

☐ Moderately

☒ Quite a bit

☐ Extremely




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Fig. 8-13

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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12. During the PAST 4 WEEKS, how much did pain interfere with your recreational activities?



☐ Not at all

☐ A little bit

☐ Moderately

☒ Quite a bit

☐ Extremely

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Navigation buttons: Back, Forward, Home, Search, etc.

Fig. 8-14



https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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 Dynamic Health Survey™

13. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

During the PAST 4 WEEKS, how much energy did you have?



☐ Very much

☐ Quite a bit

☒ Some

☐ A little

☐ None


 

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Fig. 8-15

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14. How much of the time DURING THE PAST 4 WEEKS did you feel tired?



☐ All of the time

☐ Most of the time

☒ Some of the time

☐ A little of the time

☐ None of the time


 

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Fig. 8-16

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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15. How much of the time DURING THE PAST 4 WEEKS did you feel worn out?



☐ All of the time

☐ Most of the time

☒ Some of the time

☐ A little of the time

☐ None of the time


 

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Fig. 8-17.

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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16. How much of the time DURING THE PAST 4 WEEKS did you have a lot of energy?



☐ All of the time

☐ Most of the time

☒ Some of the time

☐ A little of the time

☐ None of the time


 

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Fig. 8-18

https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

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17. How much of the time DURING THE PAST 4 WEEKS did you feel full of life?



☐ All of the time

☐ Most of the time

☐ Some of the time

☒ A little of the time

☐ None of the time


 

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Fig. 8-19

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18. The next questions ask about your social activities.

During the PAST 4 WEEKS, how much did your physical health or emotional problems limit your usual social activities with family or friends?



☐ Not at all

☐ Very little

☐ Somewhat

☐ Quite a lot

☒ Could not do social activities


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Fig. 8-20

104090" 00562860

https://www.amIhealthy.com/DynIIA/NextStep.asp# - Microsoft Internet Explorer

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19. During the PAST 4 WEEKS, how much of the TIME has your  
PHYSICAL HEALTH OR EMOTIONAL PROBLEMS interfered  
with your social activities (like visiting with friends, relatives, etc.)?



☒ All of the time

☐ Most of the time

☐ Some of the time

☐ A little of the time

☐ None of the time


 

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Fig. 8-21

https://www.amIhealthy.com/DynHA/NextStep.asp - Microsoft Internet Explorer

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20. During the PAST 4 WEEKS, to what EXTENT has your PHYSICAL HEALTH OR EMOTIONAL PROBLEMS interfered with your normal social activities with family, friends, neighbors, or groups?



☐ Not at all

☐ Slightly

☐ Moderately

☐ Quite a bit

☒ Extremely


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Fig. 8-22



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21. These questions are about how you feel and how things have been with you during the past 4 weeks. For each question, please give the one answer that comes closest to the way you have been feeling.

How much have you been bothered by emotional problems (such as feeling anxious, depressed or irritable)?



☐ Not at all

☐ Slightly

☐ Moderately

☒ Quite a lot

☐ Extremely


 

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Fig. 8-23

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22. During the past month, how depressed (at its worst) have you felt?

☐ Extremely depressed



☒ Very depressed

☐ Quite depressed

☐ Somewhat depressed

☐ A little depressed

☐ Not depressed at all

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File Edit View Favorites Tools Help

File Edit View Favorites Tools Help

Fig. 8-24

https://www.amIhealthy.com/DynHA/NextStep.asp# - Microsoft Internet Explorer

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 **Dynamic Health Survey™**

23. During the past month, how much of the time have you been in low or very low spirits?

☒ All of the time



☐ Most of the time

☐ A good bit of the time

☐ Some of the time

☐ A little of the time

☐ None of the time


 

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Fig. 8-25

https://www.amIhealthy.com/DynIA/NextStep.asp# - Microsoft Internet Explorer

**amIhealthy.com™**

 **Dynamic Health Survey™**

24. During the PAST 4 WEEKS, how much did personal or emotional problems keep you from doing your usual work, school or other daily activities?



☐ Not at all

☐ Very little

☐ Somewhat

☒ Quite a lot

☐ Could not do daily activities

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Fig. 8-26

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Dynamic Health Survey™

25. During the PAST 4 WEEKS, how much of the time have you cut down on the AMOUNT OF TIME you spent on work or other activities AS A RESULT OF ANY EMOTIONAL PROBLEMS (such as feeling depressed or anxious)?

- ☐ All of the time
- ☒ Most of the time
- ☐ Some of the time
- ☐ A little of the time
- ☐ None of the time



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Fig. 8-27

09873500-060401

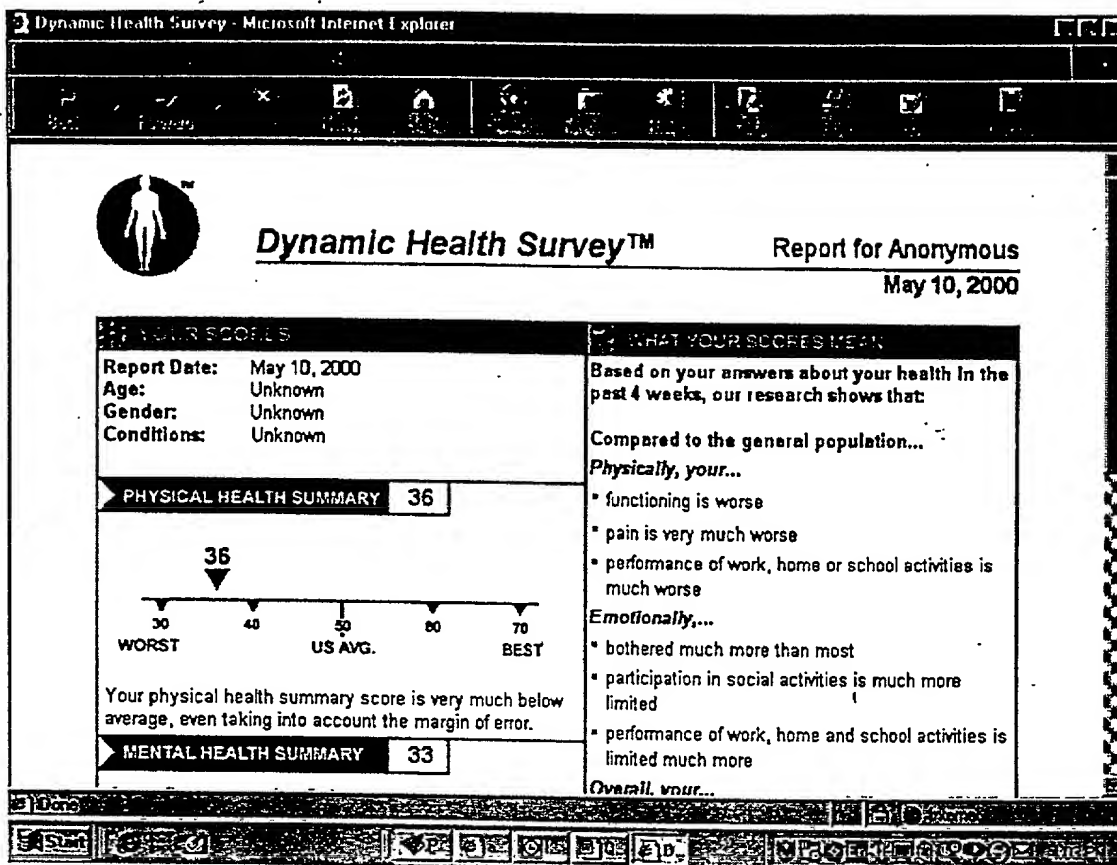


Fig. 8-28

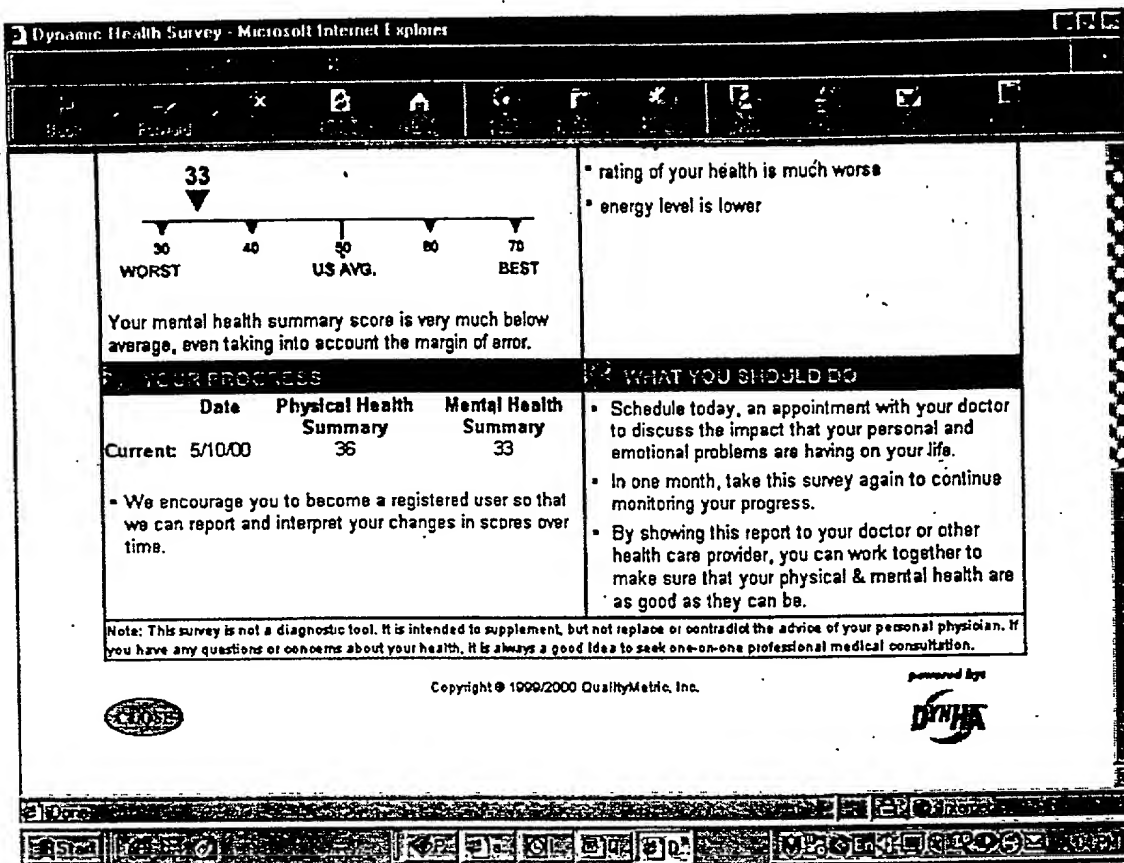


Fig. 8-28



# Dynamic Health Survey™

Report for Anonymous

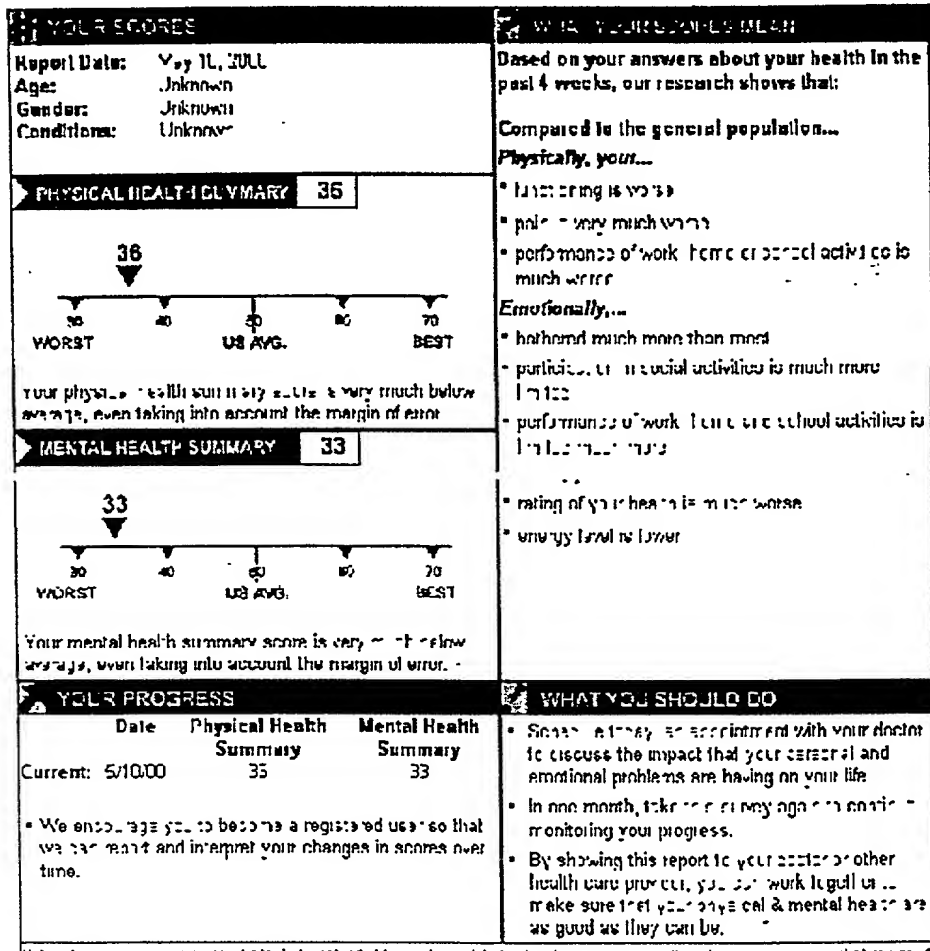


Fig. 8-28